

# MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

## Mental / Behavioral Health Resources

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**This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: [DHHSWebsite@montgomerycountymd.gov](mailto:DHHSWebsite@montgomerycountymd.gov), 240-777-1246 (V), MD Relay 711.**

### Montgomery County Crisis Center

1301 Piccard Drive, 1st Floor  
Rockville, MD 20850

240-777-4000 (V – 24/7)  
301-738-2255 (Mental Health Hotline)  
240-777-4673 (Abused Persons Program)  
240-777-4357 (Sexual Assault Crisis Hotline)  
240-777-4815 (TTY)

Provides crisis services 24 hours a day / 365 days a year. These services are provided over the telephone (240-777-4000) or in person at 1301 Piccard Drive in Rockville (no appointment needed). Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations. Full crisis assessments and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has six crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system. There is no charge for crisis services.

### Addiction and Mental Health Center

#### Montgomery General Hospital

18101 Prince Philip Drive

Olney, MD 20832

301-774-8800 (Evaluation Center)

301-774-8888 (24-Hour Crisis Intervention)

1-855-546-1977 (Toll Free)

[www.medstarmontgomery.org/our-services/behavioral-health](http://www.medstarmontgomery.org/our-services/behavioral-health)

Provide inpatient and outpatient treatment for psychiatric and addiction treatment for those 13 and older. Services include individual and family therapy, crisis intervention services available 24 hours a day for emergency evaluations, medication management program, senior outpatient program, and a relapse prevention program.

### Adventist Behavioral Health Rockville

14901 Broschart Road

Rockville, MD 20850

301-251-4500 (V)

1-800-204-8600 (Emergency/Referral)

[www.adventisthealthcare.com/ABH/facilities/index.aspx](http://www.adventisthealthcare.com/ABH/facilities/index.aspx)

Services include an acute inpatient psychiatric care for adolescents and adults, intensive outpatient substance abuse treatment for adolescents and adults, a residential treatment center with separate male and female units, military addiction center, adolescent dual diagnosis substance abuse treatment, adolescent partial hospitalization program, special and general education school for students grades 6-12, group home services for adolescents and a children's unit.

### Access Team – Montgomery County

#### Mental Health Services for Children & Adults

240-777-1770 (V)

240-777-4710 (V)

This team helps people living in Montgomery County obtain and/or access behavioral health services (mental health and substance abuse). Adult consumers who are eligible for substance abuse services are linked to the Addictions Services programs in the County. Consumers of all ages who are eligible for the Public Mental Health System are linked with providers who are able to provide the requested service at a location convenient for the consumer. Spanish language capacity is immediately available. Assistance available for those who speak other languages.

### **Affiliated Santé Group**

12120 Plum Orchard Drive, Suite E  
Silver Spring, MD 20904  
301-572-6585 (V)

[www.thesantegroup.org](http://www.thesantegroup.org)

#### **Treatment and Recovery Services:**

301-589-2303 (V)  
1400 Spring Street, Suite 100  
Silver Spring, MD 20910

Provide recovery-based psychiatric services through an interdisciplinary team approach, which includes the coordination of treatment and care by the clinical services department, psychiatric rehabilitation day treatment, vocational rehabilitation, crisis services and the client's residential providers.

#### **Psychiatric Recovery Programs:**

301-389-2303 (V)  
Provide a multi-faceted range of services for adults with a chronic mental health illness with or without the complicating problem of alcohol/substance abuse.

#### **Senior Outreach Team:**

301-572-6585 x 2190 (V)  
Address the unmet mental health needs of Montgomery County adults age 60 and older who are unable or unwilling to leave the home for treatment. Services include in-home therapy, gero-psychiatric consultation, family therapy, educational seminars, drop-in support groups, and mental health support for caregivers. Services offered in English and Spanish.

#### **Wellness and Recovery:**

301-589-2303 x 108 or x 111 (V)  
1400 Spring Street, Suite 100  
Silver Spring, MD 20910  
Offers a wide range of free services to adults who have experienced mental illness or mental health difficulties, as well as the loved ones of those individuals.

#### **American Psychiatric Association**

1000 Wilson Boulevard, Suite 1825  
Arlington, VA 22209  
1-888-357-7924 (Toll Free)  
E-mail: [apa@psych.org](mailto:apa@psych.org)  
[www.psych.org](http://www.psych.org)

Organization of psychiatrists working together to ensure humane care and effective treatment for all persons with mental disorders, including and substance-related disorders.

### **All Day Family Care**

8945 N. Westland Drive  
Gaithersburg, MD 20877  
301-330-0006 (V)

[www.alldayfamilycare.com](http://www.alldayfamilycare.com)

Provide comprehensive mental health services throughout Montgomery County. Offer individual therapy, family and group, marriage and couples counseling. Other services include: addiction and recovery, anger management, ADD & ADHD, conflict resolution, eating disorders, emotional issues/mood disorders (depression, anxiety, DID, bipolar), obsessive compulsive disorder, grief counseling, parenting support, phobias, PTSD, and stress management. Accept insurance including Medicaid and self-pay rates.

### **ALTA HealthCare Services**

#### **Psychiatric Rehabilitation Program**

101 Lakeforest Boulevard, Suite 250  
Gaithersburg, MD 20877  
240-801-9818 (V)  
E-mail: [info@altahealthcareservices.com](mailto:info@altahealthcareservices.com)  
[www.altahalthcareservices.com](http://www.altahalthcareservices.com)

Provides adults with structured group activities designed to develop and enhance independent living skills. The goal is to assist individuals with the transition from a long period of hospitalization to successfully re-enter the community, and to assist those individuals already in the community with maintaining and enhancing their skills. Services include self-care training, independent living and community living skills training, substance abuse recovery training, and group therapy. Accept Medicaid.

### **Anxiety and Depression Association of America**

8701 Georgia Avenue, Suite 412  
Silver Spring, MD 20910  
240-485-1001 (V )  
[www.adaa.org](http://www.adaa.org)

Assist people with anxiety, depression, and stress-related disorders in finding appropriate treatment and developing self-help skills. National educational campaigns to promote awareness about anxiety disorders and encourage people to seek treatment.

### **Baltimore County Family Navigator**

410-252-4700 x 265 (V)  
E-mail: [familynavigator@cc-md.org](mailto:familynavigator@cc-md.org)  
[www.catholiccharities-md.org/family-navigator](http://www.catholiccharities-md.org/family-navigator)

Free service available to Baltimore County families who have a child with intensive needs related to behavioral, emotional, or developmental disabilities. The website provides useful resources and articles about child development, educational advocacy, as well as timely information about workshops and support groups. Families can also speak with a Family Navigator, who can help them identify their strengths and challenges, find resources and support, and develop a plan of action.

### **Behavioral Health Administration - Maryland**

#### **Department of Health and Mental Hygiene**

410-402-8300 (V)

1-800-888-1965 (24-Hour Toll Free)

1-800-422-0009 (24-Hour Crisis Hotline)

<http://bha.dhmh.maryland.gov>

**Adult Services Unit** ensures that a comprehensive system of mental health services and supports are available and accessible for emerging adults and adults from age 18 throughout the life span. The **Public Behavioral Health System for Adults** provides services based on eligibility and medical necessity criteria. Services include: psychiatric inpatient care; psychiatric partial hospitalization program; respite; outpatient mental health center; psychiatric rehabilitation program; residential rehabilitation program; mobile treatment; targeted case management; supported living; non evidence-based practice supported employment; and residential crisis.

### **Behavioral Health Planning & Management - Core Services Agency – Montgomery County Government, Department of Health & Human Services**

240-777-1400 (V)

Responsible for the planning, development, monitoring and evaluation of publicly funded behavioral health care services for special populations, including children with adjustment and behavioral disorders, adults with severe and persistent mental illness, homeless mentally ill adults, and elderly persons with mental health needs.

### **BornFree Wellness Centers of America**

19537 Doctor's Drive, Bldg. 3

Germantown, MD 20874

240-654-4001 (V)

E-mail: [contactus@bornfreewellness.com](mailto:contactus@bornfreewellness.com)

[www.bornfreewellness.com](http://www.bornfreewellness.com)

Provide outpatient substance abuse services to individuals struggling with opioid dependence. Some of the services offered include medical evaluation, treatment, methadone & buprenorphine therapy, counseling & case management services. The clinic also offers free training sessions on the administration of Naloxone, the life-saving drug used to reverse opioid overdose. The events are free and open to the public, and a pharmacy contact will be provided for attendees to obtain a supply of Naloxone.

### **Catholic Charities - Bethesda House**

5320 Marinelli Road

Bethesda, MD 20852

301-907-9597 (V)

[www.catholiccharitiesdc.org/page.aspx?pid=393](http://www.catholiccharitiesdc.org/page.aspx?pid=393)

Transitional housing program serves adult men aged 18 and older suffering with chronic mental illness by meeting 24-hour housing needs and offering case management services helping to secure permanent disability income for residents. Open to Montgomery County residents only. Referrals accepted from by a case manager, social worker, psychiatrist, nurse or substance abuse counselor.

### **Centers for Behavioral Health, LLC**

9318 Gaither Rd, Suite 245

Gaithersburg, MD 20877

301-251-4702 (V)

E-mail: [lsreferrals@cbhhealth.com](mailto:lsreferrals@cbhhealth.com)

[www.centersforbehavioralhealth.com](http://www.centersforbehavioralhealth.com)

Provides comprehensive behavioral health services to adults ages 18 and up. We offer dynamic holistic rehabilitation services through our day, offsite, and residential programs. Our staff are dedicated to helping individuals understand their illness and manage their symptoms to live to fullest potential in the community. Our clients are assigned a Rehabilitation Coordinator who assist clients in achieving individualized goals. Life Skills Psychiatric Rehabilitation Program (PRP) and Mar-Lyn Housing Residential Rehabilitation Program (RRP) programs are licensed by the State of Maryland DHMH and are CARF accredited. Life Skills PRP services are paid by Medicaid or private pay and Mar-Lyn residential services are private pay.

### **Child Center and Adult Services, Inc.**

Shady Grove Professional Building

16220 S. Frederick Ave., Suite 502

Gaithersburg, MD 20877

301-684-8106 (V)

Provide mental health counseling to children, adults, couples, and families in Montgomery County who need counseling. Help people dealing with anxiety, depression, relationship problems, grief, separation or divorce, and life changes. Accept most insurance plans and have a sliding fee scale.

### **City of Rockville - Youth and Family Development Programs**

City Hall

111 Maryland Avenue, 1<sup>st</sup> Floor

Rockville, MD 20850

240-314-8310 (V)

E-mail: [jmiller@rockvillemd.gov](mailto:jmiller@rockvillemd.gov)

[www.rockvillemd.gov](http://www.rockvillemd.gov)

Short-term counseling for young people and their families. Offer formal counseling with a staff member for a specified time period and informal counseling where drop-ins are welcome to talk with a counselor.

**Cohen, Shlomo I., PhD**

1404 Woodman Avenue  
Silver Spring, MD 20902  
301-649-6686 (V)

Licensed psychologist providing intensive behavior management program and individual support services for disabled persons and their families.

**Community Connections**

801 Pennsylvania Avenue, SE, Suite 201  
Washington, DC 20003  
202-546-1512 (V)

[www.communityconnectionsdc.org](http://www.communityconnectionsdc.org)

Clinical programs for adults include initial assessment of mental health and residential needs, community support services, psychiatric clinic, family support, employment, day program, and 24-hour on-call and crisis services. Clinical programs for families and youth include comprehensive assessment of needs and life domains, individualized treatment planning, network resource development, community support services, in-home and/or office-based counseling, psycho-educational training and support, and crisis services. Residential services also available.

**Computer Learning and Resource Center (CLARC)**

Diane McManigal, Executive Director  
12301 Old Columbia Pike, #220  
Silver Spring, MD 20904  
301-622-6007 (V)

E-mail: [dianemcmanigal@verizon.net](mailto:dianemcmanigal@verizon.net)

Operate a six day a week wellness and recovery center for older youth and adult mental health consumers, an advanced drop-in center, a consumer advisory board, membership meetings, recreational events, and provide referrals to over 30 other health care providers and organizations. Also provide vocational training and employment services.

**Cornerstone Montgomery (formerly St. Luke's House and Threshold Services)**

6040 Southport Drive  
Bethesda, MD 20814  
301-493-4200 (V)

E-mail: [info@cornerstonemontgomery.org](mailto:info@cornerstonemontgomery.org)

[www.cornerstonemontgomery.org](http://www.cornerstonemontgomery.org)

Non-profit providing comprehensive, community- and evidence-based, mental health and co-occurring mental health and substance use disorder treatments and interventions.

- **Residential Rehabilitation:** Offers support through all phases of recovery. Ranging from 24-hour supervised housing to targeted case management drop in services, individuals in the program work with staff to learn the skills necessary to live independently in the community. All services offered are dependent upon individual client need, diagnosis and referral recommendations from the Core Service Agency. All referrals for services originate with the Core Services Agency who then review applications, and manage the wait list for Montgomery County.
- **Psychiatric Rehabilitation:** The Supported Living program provides a wide range of services to individuals living in the community. Services include: daily living skills coaching; resource development; supportive counseling; medication monitoring; psychosocial programming; and service coordination. The Permanent Supportive Housing program is open to individuals coming out of Residential Rehab programs. The Montgomery County Case Management program provides short-term case management services to Montgomery County residents with a mental health and/or co-occurring disorder.
- **Day Programs:** Fosters recovery through a variety of groups as well as individual training to build confidence and proficiency in all phases of daily life. Classes and activities are offered during the day, evening and on weekends, and include Friday night and weekend social and recreational activities. Some examples for classes include: recovery, greenhouse, computer lab, cooking classes, illness management and recovery, art classes, fitness classes, independent living skills classes and classes focused on social skills.
- **Vocational:** One-on-one coaching with a Supported Employment Specialist to help determine skills, interests, and long term career goals; help with creating a step-by-step plan to achieve employment-related goals; help with developing resumes, cover letters, and filling out online applications; support with community-based job search activities and job try-outs; benefits counseling; on-site job coaching; and long-term supports.
- **Transition Age Youth:** Programs help young adults with mental health concerns reach their goals. The Career Transition Program is a short-term Supported Employment program helping graduating high school seniors and second semester juniors. The Career Academic Psych-rehab Service is a long-term Supported Employment and Psychiatric Rehabilitation program for young adults 18 to 25 years old.

- **Mental Health First Aid:** Public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate supports. The program teaches the common risk factors and warning signs of specific types of illnesses, including anxiety, depression, substance use, bi-polar disorder, eating disorders and schizophrenia.

#### **Depressive and Bipolar Support Alliance (DBSA)**

1-800-826-3632 (Toll Free)

[www.dbsalliance.org](http://www.dbsalliance.org)

Provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. Offer referrals, free educational materials, and support groups.

#### **Eugene Meyer III Treatment Center**

The Washington School of Psychiatry

5028 Wisconsin Avenue, Suite 400

Washington, DC 20016

202-537-6050 (V)

E-mail: [wspcd.info@wspdc.org](mailto:wspcd.info@wspdc.org)

[www.wspdc.org/0101treatment.html](http://www.wspdc.org/0101treatment.html)

Non-profit mental health clinic offering affordable services to persons in the Washington, DC metropolitan area. Clinic services include individual, group, couples and family psychotherapy; psychiatric evaluations and medication consultations also available. Insurance plans accepted. Sliding-fee scale available.

#### **EveryMind (formerly Mental Health Association of Montgomery County)**

1000 Twinbrook Parkway

Rockville, MD 20851

301-424-0656 (V)

301-738-2255 (Montgomery County Hotline)

E-mail: [info@every-mind.org](mailto:info@every-mind.org)

[www.every-mind.org](http://www.every-mind.org)

**Crisis Prevention & Intervention:** Provide supportive listening, information and resource referrals, and crisis services (including suicide assessments) for individuals through telephone, text, and chat services. Available via text Monday through Thursday, 4:00 p.m. to 9:00 p.m. at 301-738-2255. Offer 24/7 online chat at [www.crisischat.org](http://www.crisischat.org) and 24/7 phone assistance through the Montgomery County Hotline. Services are free and confidential.

**Adult Services:** Provide case management services, including advocacy, education, and connection to resources so clients can remain stably housed and maintain self-sufficiency. Clients must be 18 and older, formerly homeless individuals, living in permanent supportive housing through a housing program with the Housing Opportunities Commission (HOC) and must be referred by HOC. Also provide individual and

family counseling in a community-based setting – to increase self-esteem, improve relationships with family and friends, and develop positive coping skills.

Services are available for individuals with Medicaid.

**Youth Services:** Provide case management for school-age youth (ages 12 and older) dealing with behavioral issues at school and home such as truancy, anger management, and bullying – to cultivate healthy behaviors and improve coping skills. Also provide individual and family counseling, as well as groups, in school and community-based settings – to improve the wellbeing of students and families.

**Serving Together:** Program provides education, direct service, and coordination of resources for service members, Veterans, and their families throughout the DC region. Veteran and Family Peer Navigators are available at 1-855-738-7176 (Toll Free).

**Friendly Visitor:** Program provides friendship and emotional support to older adults who are homebound, isolated, and lonely – to reduce feelings of loneliness and isolation, help individuals remain in the community, and maintain a safe home environment. Clients must be age 60 and older.

**Representative Payee:** Provides money management services to individuals with a disability or mental illness who are unable to manage their own finances – to ensure clients have enough funding for food, clothing, shelter, medication, and other needs. Clients must be 18 or older.

#### **Family Services Agency**

610 East Diamond Avenue, Suite 100

Gaithersburg, MD 20877

E-mail: [info@fs-inc.org](mailto:info@fs-inc.org)

[www.fs-inc.org/services/programs/mental-health-services](http://www.fs-inc.org/services/programs/mental-health-services)

#### **Montgomery Station**

301-840-3266 (V)

301-840-3263 (Intake Coordinator)

Psychiatric Rehabilitation Program. Work with adults with serious mental illnesses in a variety of settings to reach their full potential in all aspects of their lives. Services include day program and outreach, and residential and vocational programs. Must be referred by Montgomery County Core Service Agency.

#### **Outpatient Mental Health Center**

301-840-3200 (V)

Provide comprehensive evaluation and treatment for the children and adolescents in our community. Services include counseling and therapy to adults with a wide range of concerns including anxiety, depression, relationship issues, job stress, and times of transition. Medicaid, Medicare and some private insurance accepted.

#### **Tracks**

A community, recovery-focused psychiatric rehabilitation program serving transitional age youth (18 to 24) in Montgomery County with mental illness. Services include a day program, residential

rehabilitation, a mental health vocational program, and support for independent living.

#### **Care and Connections for Families**

Provides services for youth (ages 6 to 18) and their families who seek stabilization support after a youth has experienced a mental health crisis. This program is designed to provide short-term intensive in-home mental health services, as well as connection to longer-term services to ensure long-term stabilization. Parents and caregivers work together with the youth, their therapist, and their in-home stabilizers to construct a plan towards resilience and recovery.

#### **George Washington University – Healing Clinic**

1922 F Street, NW, Suite 103  
Washington, DC 20052  
202-994-4937 (V)

[www.gwu.edu/~cclinic](http://www.gwu.edu/~cclinic)

Non-profit clinic, staffed by advanced doctoral students in the university's professional psychology program. Provide short- and long-term mental health treatment. Offer psychology assessments and psychotherapy for individuals, family, couples and group therapy. Open to clients in Maryland, DC and Virginia. Sliding-scale fees based on incomes; no one turned away for financial reasons.

#### **HealthChoice**

1-800-284-4510 (HealthChoice Enrollee Help Line)  
1-800-888-1965 (Mental Health)

<http://mmcp.dhmh.maryland.gov/healthchoice>

Provide healthcare to most Medicaid recipients. HealthChoice enrollees receive the same benefits as those available to Maryland Medicaid recipients through the Medicaid fee-for-service system. Mental health services are provided by a Specialty Mental Health System administered by the Mental Hygiene Administration. The Enrollment Broker is available to assist you with any aspect of the enrollment process. You may enroll by mail, telephone, and face-to-face meeting, if requested, or if medically necessary. For assistance in making an application for HealthChoice, please contact the HealthChoice Enrollee Help Line.

#### **House Calls, LLC**

Beth Albanese, CTRS, CPRP, CLP  
P.O. Box 776  
Olney, MD 20830  
301-346-6732 (V)

E-mail: [callingonbeth@gmail.com](mailto:callingonbeth@gmail.com)

[www.callingonbeth.net](http://www.callingonbeth.net)

Provide services for teens to seniors including, but not limited to, counseling during any kind of life transition; life coaching to integrate individuals into work, leisure or volunteer pursuits; advocate on your behalf to make sure professionals and agencies are meeting your needs; provide or arrange all aspects of mental health or medical case management; arrange recreation activities that begin at home; and walk an individual to community resources using volunteers as needed for support.

#### **Humanim - Mental Health Services**

6355 Woodside Court  
Columbia, MD 21046  
410-381-7171 (V)  
1-888-374-8342 (Toll Free)  
E-mail: [info@humanim.com](mailto:info@humanim.com)  
[www.humanim.com](http://www.humanim.com)

**Residential Rehabilitation Program** provides housing, case management, and psychiatric rehabilitation (independent living skills teaching) to adults with chronic, severe, and persistent mental illness.

**Transition Aged Youth Program** is designed for young adults (18 to 25) who are struggling with mental illness. Program provides housing and specialized supports to help the young adult transition from their parent's home, foster care, or a residential treatment center into the community.

**Supported Living Program** provides case management and psychiatric rehabilitation to adults with chronic, severe, and persistent mental illness who are living in their own homes in the community. Program uses a recovery-focused, person-centered approach to assist the individual in all of the facets of independent living, including medication management, budgeting and financial management, entitlements counseling, and scheduling appointments.

**Psychiatric Rehabilitation Day Program** allows adults with chronic, severe and persistent mental illness to choose from various classes designed to teach independent living skills and to integrate the individual into the community.

**Healthy Transitions Program** works with emerging adults with serious mental health conditions between the ages of 16 and 25 as they move into the adult life of their choosing. Program provides youth-driven, strengths-based, non-stigmatizing, and developmentally appropriate services that help young adults manage mental health symptoms that limit their ability to transition into adult roles.

**Evidence Based Practice – Supported Employment** supports people with severe mental illness in their efforts to achieve steady employment in mainstream competitive jobs, either part-time or full-time.

#### **Institute for Family Centered Services, Inc.**

16220 S. Frederick Avenue, Suite 312  
Gaithersburg, MD 20877  
301-721-9324 (V)

Provide practical during times of crisis, help with ideas and education regarding parenting in unusual or difficult circumstances, work with the members of the family to resolve conflict, more effectively meet their communication or attention needs, or when the tasks of daily living are overwhelming. Assessments, evaluations, diagnostics, intensive case management, and support groups. Support services include individual and family therapy, mentoring, skills building, outpatient in-office therapy, competency restoration and more.

### **Jewish Social Service Agency**

301-838-4200 (MD)

703-204-9100 (VA)

[www.jssa.org](http://www.jssa.org)

Individual, family and group therapy. **Behavioral, Emotional and Psychological Evaluations:** For children and adolescents, ages 4 - 17, who are having trouble at school, seem unhappy or bored, exhibit problematic behavior, or are having difficulty developing and maintaining relationships.

#### **Psychiatric Evaluations and Medication**

**Management:** For adults who have received an assessment by JSSA clinicians and who are recommended for psychiatric evaluation or medication management as the most appropriate treatment plan.

### **John L. Gildner Regional Institute for Children and Adolescents (JLG-RICA) – Maryland Department of Health and Mental Hygiene**

15000 Broschart Road

Rockville, MD 20850

301-251-6800 (V)

[www.dhmh.state.md.us/jlgrica](http://www.dhmh.state.md.us/jlgrica)

Community-based, public residential, clinical and educational facility, serving children and adults with severe emotional disabilities. Brief assessment unit provides psychiatric evaluation, medication management, environment behavioral treatment, psychological treatment, and educational intervention.

### **Lift Me Up! - Therapeutic Riding Program**

9700 Georgetown Pike

Great Falls, VA 22066

703-759-6221 (V)

E-mail: [info@liftmeup.org](mailto:info@liftmeup.org)

[www.liftmeup.org](http://www.liftmeup.org)

Provide therapeutic horseback riding to children and adults with physical, mental, and/or emotional disabilities. Weekly therapeutic riding lessons, summer camp for students and volunteers, and a veterans riding program. The therapy improves physical and mental well-being. Financial aid available.

### **Maryland Coalition of Families for Children's Mental Health**

10632 Little Patuxent Parkway, #234

Columbia, MD 21044

410-730-8267 (V)

1-800-607-3637 (Toll Free)

E-mail: [info@mdcoalition.org](mailto:info@mdcoalition.org)

[www.mdcoalition.org](http://www.mdcoalition.org)

Statewide family voice for families of children and adolescents with mental health, substance use and/or other behavioral health needs. Advocate for improving services in all systems of care for children, youth and families. Provide information and resources, one-to-one family supports, trainings, support groups, and policy advocacy. The Family Leadership Institute is a 60-hour, six-weekend intensive training program for parents and caregivers of a child or adolescent with mental health and/or other behavioral health needs.

### **Maryland Psychological Association**

10025 Gov. Warfield Parkway, Suite 102

Columbia, MD 21044-3308

301-596-3999 (V - Montgomery County, D.C., Laurel, Bowie, and some Columbia)

410-992-4258 (V - Baltimore Metropolitan)

[www.marylandpsychology.org](http://www.marylandpsychology.org)

Free psychologist referral service.

### **Maryland Public Mental Health System – Department of Health & Mental Hygiene**

1-800-888-1965 (Toll Free – 24 Hour Line)

For individuals with or without Medicaid. Services include psychiatric inpatient care, psychiatric day treatment (partial hospitalization), residential treatment, respite, outpatient mental health clinic, individual mental health practitioner services, psychiatric rehabilitation, residential rehabilitation, mobile treatment services, supported living services, supported employment and vocational services, case management services, and residential crisis services.

### **MedPsych Health Services**

#### **Rockville Office**

6237 Executive Boulevard

Rockville, MD 20852

#### **Frederick Office**

7101 Guilford Drive, Suite 100

Frederick, MD 21704

240-464-8000 (V)

E-mail: [customerservice@medpsychmd.com](mailto:customerservice@medpsychmd.com)

<https://medpsychmd.com>

CARF accredited, integrated mental health service provider where the psychiatrist, psychologists and psychotherapists collectively treat mental illness with complete consideration of full medical, psychological, social as well as family history. Multidisciplinary group comprised of psychiatrists, psychologists, clinical counselors and clinical social workers. Clinicians offer complete range of services from psychiatric consultations, diagnostic evaluations, medication management, psychological testing and counseling as well as therapy (individual, couples, marriage, group therapy) services. Provide services for dual diagnosis as well as referrals for drug addiction rehabilitation services. Serve all age groups and offer services in other languages including Mandarin, Urdu, Hindi, and Punjabi. Partner with local hospitals for inpatient services. Participate in all major insurance payors as well as provide fee for service.

### **Mental Health America (MHA)**

(formerly National Mental Health Association)  
2000 N. Beauregard Street, 6<sup>th</sup> Floor  
Alexandria, VA 22311  
703-684-7722 (V)  
1-800-969-6642 (Toll Free)  
1-800-273-8255 (Helpline)  
E-mail: [info@mentalhealthamerica.net](mailto:info@mentalhealthamerica.net)  
[www.nmha.org](http://www.nmha.org)

Provide support to individuals and families living with mental health and substance use problems.

### **Mindoula Health, Inc.**

1117 East West Highway  
Silver Spring, MD 20910  
1-888-879-9786 (Toll Free)  
E-mail: [info@mindoula.com](mailto:info@mindoula.com)  
[www.mindoula.com](http://www.mindoula.com)

Offers case management and benefits counseling to clients who have behavioral health issues. Also serves families who need support with a family member who has behavioral health issues. Services include benefits counseling and coordination and assisting clients file for public benefits such as Social Security (retirement, disability, and income), food stamps, housing grants, free or reduced-priced cell phones and internet, reduced Metro fare, and other public benefits. Assists clients with finding new insurance for health, dental, and vision. Assists with filing health insurance claims, explaining benefits, copays, and deductibles, and providing counseling regarding optimizing coverage. Also debate charges with health plan and providers and negotiate payment plans. Assists with filing short- and long-term disability claims. Can help clients with family issues, improving access to transportation, housing, and healthy food. Accepts private pay only.

### **Montgomery County Federation of Families for Children's Mental Health, Inc.**

13321 New Hampshire Avenue, Suite Terrace B  
Silver Spring, MD 20904  
301-879-5200 ext. 27 (V)  
[www.mcfof.org](http://www.mcfof.org)

Nonprofit family driven organization run by family members who have children with emotional, behavioral, or mental health challenges. Offer resources, services, and support to help other families raising children facing similar challenges. Family Navigators help families by linking them with assessment/evaluation and direct service resources; providing emotional support; going to meetings at school, court, hospitals and social service agencies.

### **NAMI (National Alliance on Mental Illness) of Montgomery County**

11718 Parklawn Drive  
Rockville, MD 20852  
301-949-5852 (Information Line)  
1-800-950-NAMI (National Information Helpline)  
E-mail: [info@namimc.org](mailto:info@namimc.org)  
[www.namimc.org](http://www.namimc.org)

Self-help, support, education, and advocacy for people with serious and persistent mental illnesses, their families, friends, and caregivers. Staff and Helpline volunteers provide information - confidential referrals to providers of mental health services, including housing, vocational rehabilitation, legal assistance, day treatment, doctors, therapists and more. Offer a variety of free psychoeducation courses to caregivers, consumers, and other community members, and support groups.

### **National Center for Children and Families**

6301 Greentree Road  
Bethesda, MD 20817  
301-365-4480 (V)  
E-mail: [contact@nccf-cares.org](mailto:contact@nccf-cares.org)  
[www.nccf-cares.org](http://www.nccf-cares.org)

Provide services for vulnerable children, youth, and families. Residential programs serve homeless families, victims of domestic violence, and vulnerable adolescents. Other programs include treatment foster care, social services for family reunification, parenting education, and transitional housing to promote independent living and family stabilization.

### **National Institute of Mental Health**

Science Writing, Press, and Dissemination  
6001 Executive Boulevard  
Rm. 6200, MSC 9663  
Bethesda, MD 20892  
1-866-615-6464 (Toll Free)  
301-443-8431 (TTY)  
1-866-415-8051 (Toll Free TTY)  
E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

Largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.

### **Network of Care**

<http://montgomery.md.networkofcare.org/mh/>  
Information to help link consumers to support groups and personal advocacy resources in the community.



### **On Our Own of Montgomery County Maryland, Inc.**

Daphne Klein, Executive Director  
434 East Diamond Avenue  
Gaithersburg, MD 20877  
240-683-5555 (V)  
E-mail: [contact@oomc.org](mailto:contact@oomc.org)  
[www.oomc.org](http://www.oomc.org)

Provide dual recovery peer support groups led by certified peer support specialists and advocacy services.

### **Pastoral Counseling & Consultation Center of Greater Washington**

7003 Piney Branch Road, NW  
Washington, DC 20012  
202-670-5065 (V)

[www.pastoralcounselingdc.com](http://www.pastoralcounselingdc.com)

Mental health counseling, life and career coaching, family therapy, couples/marriage counseling, stress management, addictions, and workshops.

### **Planned Lifetime Assistance Network (PLAN) of MD-DC, Inc.**

604 South Frederick Avenue, Suite 411  
Gaithersburg, MD 20877  
301-740-8444 (V)  
E-mail: [admin@planofmd-dc.org](mailto:admin@planofmd-dc.org)

[www.planofmd-dc.org](http://www.planofmd-dc.org)

Providing clinical case management including counseling, assistance applying for public benefits and coordinating medical care; financial management; and special needs trust management for individuals with disabilities and their families.

### **Pro Bono Counseling Project**

410-825-1001 (V)  
1-877-323-5800 (Toll Free)  
[www.probonocounseling.org](http://www.probonocounseling.org)

Provide free mental health care to individuals, families and couples who live and/or work in Maryland who cannot receive care from any other source. The Project links clients with therapists for counseling - it does not provide medications or medication resources. Special programs include:

**Transition and Depression: Elderly and Underserved** program focuses on adults over age 55 to prevent suicide, victimization from abuse, neglect, financial exploitation or other violent crime. This program also links seniors and family members to a licensed mental health professional who will provide care at no cost.

**The Jean Steirn Cancer Program** provides free mental health treatment, linkage to necessary support services in the community and transportation to therapy appointments as necessary. This unique program of The Pro Bono Counseling Project, links uninsured and low-income cancer patients and their caregivers / family members, during any phase of their cancer from diagnosis to post-treatment or survivorship, with insured and licensed mental health therapists at no charge.

**Caring for the Caregivers** designed to provide uninsured and low income informal caregivers with individual, couples or family therapy that is necessary to assist in overcoming the overwhelming psychological adjustments that families must face when a loved one is diagnosed with a life-long, debilitating illness, and when loved ones need to make end of life decisions.

### **Substance Abuse and Mental Health Services**

#### **Administration (SAMHSA)**

1-800-662-4357 (National Helpline)  
1-877-726-4727 (Toll Free)  
1-800-487-4889 (TTY)  
E-mail: [SAMHSAInfo@samhsa.hhs.gov](mailto:SAMHSAInfo@samhsa.hhs.gov)  
<http://store.samhsa.gov>

Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Find alcohol, drug, or mental health treatment facilities and programs around the country at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov). The SAMHSA Health Information Network (SHIN) features free publications on substance abuse and mental health.

### **Upscale Resale Thrift Shop**

15130 Frederick Road  
Rockville, MD 20850  
301-738-7723 (V)  
E-mail: [upscaleresealthriftshop@gmail.com](mailto:upscaleresealthriftshop@gmail.com)  
[www.upscaleresaethriftshop.org](http://www.upscaleresaethriftshop.org)

Promote vocational opportunities for persons with severe and persistent mental illness.

**Vesta, Inc.**

**Germantown Horizon Outpatient Clinic**

20410 Observation Drive, Suite 108  
Germantown, MD 20876  
240-296-5862 (V)

Walk-in Intakes: Tuesdays from 9:00 a.m. to 4:00 p.m.  
Intakes are completed on a first come, first serve basis and are dependent on clinician availability. Please expect admissions paperwork and the intake assessment may take up to two hours.

**Silver Spring Horizon Outpatient Clinic**

8737 Colesville Road, Suite 700  
Silver Spring, MD 20910  
240-296-5860 (V)

Walk-in Intakes: Wednesdays from 10:00 a.m. to 4:30 p.m. Intakes are completed on a first come, first serve basis and are dependent on clinician availability. Please expect admissions paperwork and the intake assessment may take up to two hours.

E-mail: [irc@vesta.org](mailto:irc@vesta.org)

[www.vesta.org/omhc](http://www.vesta.org/omhc)

Outpatient mental health clinic services include individual, family, couples and group therapy; off-site (on a temporary case-by-case basis); psychiatric medication assessments and medication management; and psycho-educational support: parenting, anger management, social skills, and dealing with challenging adolescents. Vesta accepts Maryland Medicaid, Medicare and self-pay. Vesta accepts uninsured clients in the state of Maryland if they are low-income, have a valid social security number and meet any of the following criteria: having been released from a psychiatric hospital in the last three months; having been released from jail in the last three months; having been treated in the public mental health system in the last two years; and being homeless and seeking refuge in a shelter.

**Washington Psychiatric Society**

202-595-9498 (V)

E-mail: [admin@dcpsych.org](mailto:admin@dcpsych.org)

[www.dcpsych.org](http://www.dcpsych.org)

Online psychiatrist locator. Medical specialty organization composed of approximately 1,000 physicians who specialize in the diagnosis and treatment of mental illnesses, including substance abuse disorders.

**Willow Oak Therapy Center**

15841-A Crabbs Branch Way  
Rockville, MD 20855  
301-251-8965 (V)

E-mail: [office@willowoaktherapy.org](mailto:office@willowoaktherapy.org)

[www.willowoaktherapy.org](http://www.willowoaktherapy.org)

Counseling, psychotherapy for individuals, families and couples, and psychological testing and evaluations. Free seminars. Sliding fee schedule. Most insurance plans are accepted.

**Woodley House, Inc.**

6856 Eastern Avenue, NW, #300  
Washington, DC 20002  
202-830-3508 (V)

E-mail: [woodley@woodleyhouse.org](mailto:woodley@woodleyhouse.org)

[www.woodleyhouse.org](http://www.woodleyhouse.org)

Residential facility that provides housing for persons with mental illness. Housing options include temporary crisis care, transitional and long-term supported independent living. Also offer critical Life Skills Training, mental health support services and integrated treatment of co-occurring disorders.